

THE LEMON GROVE REVIEW



Vol. 50, No. 25

Serving Lemon Grove and nearby communities

IN THIS ISSUE



Thursday, November 13, 1997 25¢

Where in the world?



Laila Schechter of Rolando Elementary School gets her face touched up by Helix freshman Chris Williams at the high school's annual Geography Fair. *Photo by Francis Thomas*

Godley aims for better relationships

by Joe Naiman

Now that Lakeside voters have given the Grossmont Union High School District a second chance, GUHSD Superintendent Tom Godley intends to make some of the reforms called for by unification proponents.

Godley stressed the need for articulation, that is the coordination between elementary school feeder districts and the Grossmont district.

"I don't think that's been done with Lakeside or with the others, either," he said. "We're going to change that."

Godley and his staff have already been to board meetings of three of the feeder districts to explain the Grossmont district's goals and status, emphasizing the need to work with the districts.

"I think we need to look at the whole thing as a K-16 system," said Godley on the relationship between the high school district and its eight feeder districts. "I think if we had been doing a better job of this, the issue of Lakeside would never have come up in the first place."

Godley stressed that such coordination means some significant changes at the Grossmont district, not the least of which is to "get our act together."

He doesn't think that change will come overnight.

"I think you'll start seeing a change, but changing an organization the size of this district,



Superintendent Tom Godley

there's no quick fix. It takes some time," he said. "Districts by their very nature are slow to change. Quick fixes don't work and they don't last."

Curriculum is one area in which Godley seeks to make internal improvements, along with the process of setting standards.

"We need to make sure that we're teaching what we're testing," he said.

The district's financial status is another situation which must be remedied.

"We still have a ways to go to get our fiscal house in order," said Godley. "We're just starting to get the people in place now."

Godley also addressed the unification proponents' desire for local control, stating that El Capitan High School belongs not to him or district administrators or teachers, but to the parents and to the Lakeside community.

Lake drops mayoral race for MVG

by Cheryl Cohen

When Lemon Grove City Councilman Craig Lake left a Mesa Valley Grove Senior Programs board meeting last week, he was filled with gloom.

Even with drastic cuts in staff and other expenses, the financial picture of MVG's nutritional program could only improve to a point. It was designed to lose money, subsidized short of its expenses by government funding.

In past weeks, the board of directors took charge of the failing agency, eliminated the position of executive director, and "married" themselves with each program director. The time commitment was enormous, consuming more and more of each board member's lives.

In Lake's case, so much time in fact, that the life he'd envisioned in the upcoming year had to be put on hold. As MVG's new treasurer, he is one of the board



Craig and Rita Lake at Mesa Valley Grove's recent Casino Night.

Photo by Cheryl Cohen

members assigned to oversee the administrative end of the agency.

He decided to withdraw from the mayoral campaign even before it really started. Fifteen hours a week spent at MVG is a conservative figure, he explained, as he's been given the "laborious job of getting the finances together".

Lake reviews all receipts, authorizes all expenses and deposits, and is trying to review the delinquent accounts for accuracy.

What MVG needs is a professional financial and management team to evaluate all of the programs, "but we can't afford anything like that," said Lake.

He added that they not only have to put together a "quick fix" to their problems, but the program has to be "sustaining and a long-term solution."

He looks very depressed at the prospect of giving up his campaign, something that many speculated would be boosted by his entry to MVG's board during its reorganization. What was to stop him from reentering the mayoral race? After all, candidates don't even file with the county Registrar of Voters until March.

"I really ... really wanted to be mayor," he lamented. "And, I'm afraid I'll let down a lot of my supporters."

Lake said, however, that he and MVG board President Ed Pettis agree that it will probably take a year before the agency is revitalized, and nothing short of a prosperous program would make him feel able to rejoin the campaign trail.

"It's so great to see everyone's

attitude (at MVG), and it's that which will make it happen," Lake said. "But it takes someone with a strong sense of business sense to see it through."

Campaigning for the office of mayor would take up about 80 percent of his time, and Lake said he can't do both. The commitment the board members have made to assist MVG's recovery on a firsthand basis is immense.

"This program is far more important," he said. "A lot of the people at the Senior Center are those who raised me."

He said that he considered announcing his withdrawal now, rather than waiting to see how things went with MVG, so to possibly "flush someone else out for the election."

Lake will not, however, give up his council seat this coming election.

"Running for city council as incumbent won't take the same kind of effort," he said.

So far, the only candidates who have said they would run for city council are incumbents Lake, Jeffery Jandura and Mayor Mary Sessom. No one else has announced candidacy for the mayor's race, which puts Sessom in a comfortable position.

"Only so far," said Sessom. "Craig could change his mind."

But "so far," Lake has trouble seeing an immediate light at the end of the tunnel for MVG.

"Sometimes, I believe it may actually be someone standing holding a flashlight with batteries which are going dead," Lake said. "But yes, I think we're truly making some progress."

You're holding Lemon Grove's only locally owned and operated newspaper!

Community Notes

Bike safety program set for Saturday

The city of Lemon Grove and the Sheriff's Department are teaming up with a bicycle safety event from 9 a.m. - 3 p.m. Saturday at Mt. Vernon Elementary School, 8350 Mt. Vernon St.

The event is open to all students and their families from the Lemon Grove School district. The event will provide a wide range of practical bicycle safety skills.

The day's events will include exhibitions by the BMX Racing Team, an event to teach young riders to learn the ways of the road called, "Safety Town," free bike tune-ups by the Lemon Grove Bicycle Company, baseball throws which are clocked by a radar gun, a MADD Walk the Line/Virtual Reality demonstration, a bike obstacle course and free pizza from Da-Boys. The event is funded through a grant from the State Office of Traffic Safety.

Annual community Thanksgiving dinner Friday

Everyone is invited to the annual Community Turkey Dinner and Dessert/Craft Auction at 6 p.m. tomorrow at the Lemon Grove United Methodist Church. Reservations at 466-3291 are requested. Only a limited number of tickets will be available at the door. Suggested donation for the meal is \$5. The church hall is located at 3205 Washington St.

The congregation of Lemon Grove United Methodist Church extends an invitation to everyone to attend their annual All Members' Sunday.

St. John's School hosts bookfair

Saint John of the Cross Catholic School will be hosting a Book Fair from 8 a.m. - noon on Sunday and from 9 a.m. - 2 p.m. on Monday and Tuesday. This special reading event features the best of children's literature, with hundreds of award winning and other popular titles on display. Everyone attending will have the opportunity to see and purchase the latest books for young readers and to update their personal library, as well as gifts for others.

The school is located at 8175 Lemon Grove Way.

Chamber helps celebrates business opening

The Lemon Grove Chamber of Commerce will celebrate a grand opening ceremony for Veronica's Dry Cleaning and Custom Design Silk Flowers from 5:30 - 6:30 p.m. on Wednesday at 3029 Lemon Grove Ave. The event gives the Chamber and members of the business community the opportunity to welcome this new business to Lemon Grove.

Library changes hours

The Lemon Grove Branch of the San Diego County Library will open one hour earlier and close one hour earlier on Wednesdays, starting Dec. 3.

The library hours will be: Tuesday 10 a.m. - 6 p.m., Wednesday, 11 a.m. - 7 p.m., Thursday 10 a.m. - 6 p.m., Friday, 10 a.m. - 4 p.m. and Saturday, 10 a.m. - 4 p.m.

The Lemon Grove Library is located at 8073 Broadway. For information call the library at 463-9819.

Group sells entertainment book

The Valle Del Sol Charter Chapter of the American Business Women's Association is raising funds by selling the Entertainment '98 Book. Each book contains hundreds of "Two-for-One" discounts for fine dining, fast food, movies, sports activities, special attractions and hotels ... 50 percent savings on almost everything!

The Entertainment book is now being sold by the American Business Women's Association for \$40 and a portion of the proceeds from each sale will help fund Scholarships.

To order your Entertainment '98 Books, contact Tammy Ramirez at 699-1386, ext. 268.

Christmas carol workshop offered

Grossmont College will offer a workshop to teach 3 popular Christmas Carols. The 2-hour class will be held from 9 - 11 a.m. on Saturday at Grossmont College, Piano Room 224, 8800 Grossmont College Drive in El Cajon.

There is a \$12 fee, plus \$5 payable in class for a Christmas songbook. No experience is necessary. Digital pianos and stereo headphones will be provided for complete playing privacy.

To enroll, call Grossmont-Cuyamaca College Community Learning at 660-4350.

Library holiday hours set

Although San Diego County Library branches will be closed on Nov. 27 and 28, 12 of the 31 branches will be open on Nov. 29, so that library service will be available in all regions served by the Library. The East County branches of La Mesa and Lakeside will be open.

The library hours will be as follows: La Mesa Branch, 8055 University Ave., 10 a.m. - 4 p.m., 619-469-2151; Lakeside Branch, 9839 Vine St., 10 a.m. - 5 p.m., 443-1811.

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WEATHER

The following information was provided by the National Weather Service.

	High	Low
Nov. 5	82	51
Nov. 6	-	-
Nov. 7	-	-
Nov. 8	71	57
Nov. 9	74	50
Nov. 10	65	57
Nov. 11	67	51

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All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

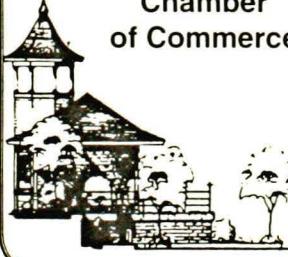
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Lemon Twist

by Cheryl Cohen

Mesa Valley Grove's casino night was a great success. Seems lots of people were on winning streaks - between the 22 tables sponsored at \$100/each, 200 tickets sold and the silent auction, the net profit for the event is in the neighborhood of \$3,000. Planning Commissioner Jill Greer waited impatiently for a seat at one of the gaming tables, and once she did, Mayor Mary said there was no dragging her away.

Fund-raising chairman, Ted Lazier, knew just how to crack that whip over the seniors and convinced them to really participate this time to help save their "club" - or else! He's so cute when he's mad...

Performance evaluations took an interesting turn during the presentation of the new budget's first quarter results at the last council meeting. The Honorable Mme. M. wanted to know just how the public would ever know if there was 100 percent compliance with consumer complaints, and when it came to her evaluation, she brought forward a good point: "There's no way anyone could have known I completed some of these tasks unless they asked - and they didn't. I'd just like to know how staff came up with this data on my performance." So would we, Mme. M. So would we.

The criteria for the community promotions portion of the budget has changed to "requiring that the item maintains, enhances or improves the quality of life in Lemon Grove." And, the city did a very thrifty and reasonable thing, in giving the previously budgeted \$1,200. for the Miss Lemon Grove Pageant (it was to be entirely self-supporting after last year's funding by the city) to the Friends of the Lemon Grove Library instead. (The San Diego County Board of Supervisors will match any funds donated to the "Friends" before the end of the year.)

But, what I don't understand, is how the San Diego East Visitors Bureau fits into that criteria. They ended up snagging a whopping \$1,000 from that portion of the budget, while Lemon Grove-specific outfits like the historical society got \$500. Go figure.

The Bicycle Safety Testing Unit of the Automobile Club of Southern California is holding its first annual Bicycle Rodeo for students and their families in the Lemon Grove School District. The event, presented by the city of Lemon Grove and the Lemon Grove Sheriff's station, will be held at Mount Vernon Elementary School, 8350 Mt. Vernon St., on Saturday from 9 a.m. to 3 p.m.

Featured will be the local BMX road racing team, obstacle and traffic safety courses, free minor bicycle repair and adjustments, registration and engraving, bicycle helmet "melon head" presentation and "Dare Deputy Lori McNally." Now, I don't know about you, but I just don't have much luck daring deputies outside of events like these, so you may want to do all your double-daring after you get there, rather than while en route.

I dared Councilman Tom Clabby to tell me who the "melon head" was, but he wasn't talkin' except say you should bring your bicycles and cameras.

City council gave Assistant City Manager Bob Richardson an 11 percent raise. Senior Planner Robert Larkins got nine percent and City Engineer Chuck Stuck got eight percent. Out of all of 'em, not a single one looks any taller to me than they were before.

Send your announcements, and press releases to *The Review*, or directly to me at 264-3153 (Msg.), 264-4180 (Fax), or curious@cts.com (email).

Obituary

Stephen Griggs

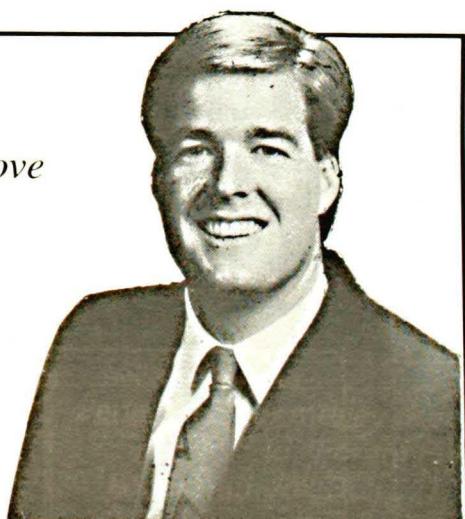
Stephen Griggs, 60 passed away Nov. 8, after a brief illness. He was a 60-year resident of Lemon Grove.

He is survived by his loving wife Carolyn, daughter Terry, sons Gerald, Johnnie, and Stephen B. Also brothers Charles, John, Bernard Spencer. Sisters Patricia, nine grandchildren, one great grandchild.

Stephen worked as a plumber for 20 years with Russells of Lemon Grove. Served 25 years with Lemon Grove Little League as manager, umpire, District 42 umpire consultant.

He was an Army Veteran. Memorial Services at Holy Cross Cemetery Mausoleum are 1 p.m. tomorrow. Family request is that in lieu of flowers, a donation be made to Vitas Hospice.

He will be greatly missed and lovingly remembered.



Commentary

by Greg Eichelberger

I am at a complete loss regarding the furor over the conviction of the so-called "Au Pair Murderer," Louise Woodward. It's not the verdict I'm scratching my head about, but the reaction to it, on two fronts.

First, that Brits would be so astonished that she could be guilty of killing nine-month-old Matthew Eappen, by fracturing his skull (after shaking for a while). Instead of standing up for the slain infant, screams of anguish over the decision could be heard from pubs around England in which the trial was being shown. These cries mixed with the sobs of someone, who frankly, thought she could get away with murder and didn't. Soon the "pundits" were out in full force, saying that an English(wo)man could not have committed such a heinous act. Oh no?

Well let's look back and see just what crimes women in Great Britain could and have done in the past, before our former mother countrymen became soft on crime as well as soft in the head. Augusta Fairfield Fullam, 35, wife of Edward Fullam, a military accounts examiner (along with her lover, Dr. Henry Lovell William Clark), poisoned her husband with arsenic in 1911, and then hired four Indian assassins to slay Mrs. Clark with swords a year later. Dr. Clark was hanged and only Mrs. Fullam's pregnancy saved her from the gallows.

Or how about Charlotte Bryant, an adulterous, illiterate 33-year-old mother of five, who poisoned her husband, Frederick in May of 1935. She was hanged at Exeter Prison on July 15, 1936, 12 weeks after another British woman, Dorothea Waddington, 36, was executed for poisoning two nursing home patients in Nottingham.

And we can't forget Myra Hindley, 24, who along with Ian Brady, committed to so-called "Moors Murders" in 1965. Five people, all under 17, including three under 12, were slain by these sadistic animals, now still serving time in separate Liverpool institutions. "Oh, but Woodward is only 19," some may cry. "These women were so much older." Let's face it, younger people than that are blowing folks away every day in this country, but, in fairness, I will give another English example. Like Kitty Bryon, a 23-year-old who stabbed her lover, Arthur Reginald Baker, on a London street in 1902. Convicted, she was sentenced to death.

but that verdict was reduced to life in prison. Or the case of Mary Flora Bell, 11, who killed two small boys in Newcastle in 1968.

Four-year-old Martin Brown and Brian Howe, aged 3, were murdered within eight weeks of one another and found on the same desolate tract of land.

Both boys were strangled and cuts marked their tiny bodies. Suspicion fell on Bell and another girl, Norma Joyce Bell, 12, no relation. After nine days, Joyce Bell was acquitted while Mary was found guilty and sentenced to life in prison (England had foolishly outlawed the death penalty in 1965).

Then there was the sensational 1954 New Zealand (hey, it's part of the same "empire") case of Pauline Parker, 16, and her lesbian lover, Juliet Hume, 15, who bludgeoned Parker's mother, Honora, to death with a brick placed inside a stocking. They were found guilty and sentenced to be detained at "Her Majesty's Pleasure," which was about 20 years.

There are many more such examples, but I feel that I have sufficiently proved that English women can commit brutal murders.

Now I will go on to my second point, the sudden outcry against the child's parents, especially the mother, for daring to have jobs and putting their child's welfare in the hands of such an incompetent boob. (There's the main contradiction that these naysayers run into. On one hand, they claim Woodward was a loving, caring individual who loved the child, but on the other they say that she couldn't handle the baby). Now, all of a sudden, it's chic to criticize a woman who works instead of staying home. Well, for once I agree with the feminists that if a woman chooses to be employed outside the home it's her right. It's not the ideal situation, but this isn't a perfect world, either. And if her child ends up dead, she's not to blame, the murderer is. I realize that this is a difficult concept for some to grasp, but that's reality, friends.

For my tastes, if it were my child, they should give little Miss Woodward one appeal to a higher court, and then, failing that, have her publicly broken on the wheel, drawn and quartered and then burned at the stake. But that's just me. Perhaps I'm just too much of a humanitarian.

PG Perspectives

by Phillip Giannangeli

Faxes and Steves

It could be the approaching millennium. Or it might be the first stage of a demonic convergence of cosmic proportions that will push civilization as we know it off the edge of our solar system. Perhaps it's something even more catastrophic than that. And to my utter consternation and confusion, I might just be the only figure around sensing this danger. I may have to become the Paul Revere of our times and alert the rest of you of this impending menace.

What I have discovered is that there seems to be an unholy synergy between Steves and fax machines. Not between Petes or Johns or Bartholomews and fax machines; just Steves and this marvel of communication. Note, I'm not talking about a specific Steve or a particular fax machine. It's what generally happens when Steves and fax machines converge that I want to warn you about.

As far as I know, there is nothing inherently evil in most Steves. I know a good many of them and I don't detect any satanic vibrations in most of them, most of the time. Well, there is Steve ... No, I won't get into that. But Steves in general are all right kinds of guys. They run the gamut from robust to slender; from fixated to free spirit; from non believers to high holy. A varied assortment are the Steves I know and this devils with them and fax machines is hard to understand.

When it comes to fax machines, I must say that I do not find them to be inherently evil either. My fax machine is a Sharp UX 101. It's an older one, but I'm sure it has a lot of words still left in it. And most of the time, it just purrs along sending my messages out to friend and foe alike. It's also a great receiver. I've been faxed from several places in Europe, our own east coast, and even once from Chula Vista - I had to smoke a cigarette after that fax! It should, therefore, be obvious that my faxing capability with the equipment I have is more than up to the task. But still the foul ups.

The faxing I do (try to do) most often is to Forum Publications. Every week I dial the number and every week I'm rebuffed by their fax machine. You can rightfully deduce that there is a Steve (a Saint in name only, in this case) in close proximity to that fax machine.

A second Steve I know has a fax that seems to like me but can turn vicious when I least expect it. I can be getting information via our fax connection when for no apparent reason (other than the Steve factor) my fax will no longer cohabit with his fax.

A final Steve/fax piece of evidence. One Steve requires me to send both ideas and artwork to him for printing jobs. Needless to say, the artwork comes out as mangled ideas and the ideas appear as some form of neo primitive art. I'm thinking if he were a Jim, I probably wouldn't have these problems.

Whatever this connection is between Steves and faxes, I'm sure it doesn't bode well for mankind. Think what would (or could) happen if, for instance, a Steve were to become President of the United States. Say I needed to fax him something. Something important about Chula Vista. He'd never get the information. Who knows what would happen!

So, with all this overwhelming evidence, I know one thing for sure: I can never vote for Steve Forbes for President. I'm pretty sure he has a fax machine.

Letter to the Editor

I want to die with dignity

I have terminal cancer with no hope for cure or remission. I am still mobile, but in pain every moment I am awake. Drugs ease my pain, but do not, for a single minute, eliminate it. Soon I will require massive help. I dread the final few weeks with my family around waiting for me to die.

I would like to end my life when I require massive help to feed and dress myself. I don't look forward to the increased pain and suffering. My Government forbids me from a dignified assisted death or from even taking my own life.

Where does this barbarous law come from? Is it due to some people's religious beliefs? If it is, it is unconstitutional as the constitution tells us Congress shall make no laws regarding freedom of religion. They are forbidden from forcing me to adhere to their religious beliefs.

Where else does it come from, can someone please tell me. Why do the people subject me to such torture, what gives them the right? Even animals are put to sleep humanely when they are in pain with no hope of recovery. Am I less than an animal?

When I say Government, I obscure the blame. In our country government derives its rights from the consent of the governed. It is people like those reading this paper who instruct my government to continue torturing me.

Someone does benefit. Hospitals benefit. Drug companies benefit. Makers of hospital supplies benefit. They benefit at the expense of my family and all the people who could benefit, from the money these corporations receive, in better health care or education.

Readers, think about this. Do you want to torture me? Do you want to help the health industry make profit from my suffering? Do you want to deny me the dignified assisted death I will soon desire? Why?

Please give me one logical reason why my family should be financially and emotionally drained; why my country's resources should be given to this useless prolongation of life so I won't die so resentful. If you have no reason, shame on you!

JOE STERN
San Diego

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Soy adds a variety of health benefits

by Mistie Shaw

Variety is the spice of life but family dinners in many homes still center on meat and potatoes. Although plants contain all of the nutrients needed to sustain life, preparing and serving unfamiliar foods is a daunting task.

In an effort to help their customers bravely venture where many moms are fearful, Henry's Marketplace (formerly Boney's) is offering to educate consumers.

Several dozen women and one man recently joined corporate nutritionist Patti Tveit Milligan on a tour of the La Mesa store on Spring Street. Their goal was to identify soy products and share meal and preparation suggestions.

Soy products help reduce cholesterol, fight cancer and may even relieve menopausal symptoms. Just one-quarter cup of soy nuts contain eight grams of protein. In fact, soybeans are the only vegetable that contain a complete protein.

A variety of samples were tasted yielding mixed results. Soy doesn't have much of a flavor but acts as a filler, taking on the flavors of other ingredients.

Most participants liked the



Henry's Nutritionist Patti Tveit Milligan fills shoppers in on the wonders of soy.

Photo by Mistie Shaw

crunchy soy nuts, and about half liked the soy-based "cheeses." Unadulterated soy milk was deemed less than satisfactory but a vanilla-flavored version was a hit.

Tofu, a curdled soymilk product similar to cheese, has a variety of uses and is frequently substituted for meat in casseroles. It is available in the refrigerator section, ready to use or in long-lasting aseptic packaging.

Soy products are a good source of B vitamins, minerals and dietary fiber. They are also lactose free.

Although the United States produces more soybeans than any other country, 80 percent of them are exported.

To encourage new users and experimenting with a variety of healthful soy products, Henry's has many of them on sale this week.



The meteors are coming!

You may have noticed that the Sun is setting while the Moon is rising these days. The Moon is nearly Full. Starting Saturday morning, it will be possible to see Sun and Moon simultaneously just after sunrise.

Friday evening, two hours after sunset, look 10 degrees upper left of the "Frosty Moon" for the compact Pleiades star cluster, and a similar distance to Moon's lower left for bright Aldebaran, the "follower" of the Pleiades.

Watch the Moon creep closer to Aldebaran until dawn on Saturday, when they're 5 degrees apart.

An hour after sunset on Saturday, brilliant Venus and dim Mars are still within 6 degrees apart low in the southwest. Binoculars show each planet has a 3rd-mag. "companion star"; one is 0.4 degree below Venus, and the other is 1.5 degrees to Mars' left. Look nightly and watch for changes.

Bright moonlight reduces visibility of Monday morning's Leonid meteor shower. But getting up to view the shower in Monday's predawn darkness hours could still be worthwhile.

For the last few years, the strength of this annual shower has

lus.

Tempel-Tuttle itself is a minor comet, probably getting no brighter than 8th magnitude when it passes within 34 million miles of Earth in January. The real spectacle, a possible meteor storm, may come on

A Leonid storm with more than 100,000 meteors per hour was observed over western U.S. on Nov. 17, 1966. No one expects such large number of meteors this year. But just in case something unusual happens, many amateur astronomers will be checking the sky between midnight and dawn Monday morning.

On Wednesday, with the Moon rising in late evening (about 5 hours after sunset), there will be more than three hours of dark-sky viewing after twilight fades. Enjoy the Milky Way, Andromeda Galaxy, and other deep-sky objects.

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Brammer has been growing organic produce since 1977 and got into the farming business while in college.

"I was looking for a job where I wasn't in an office all day, the answer was gardening," said Brammer. "Now, I'm am the businessman and I'm in the office all day processing orders, sending out weekly shipments out to the CSAs, local stores, and other places around country."

Brammer leases the land where Be Wise Ranch is located (150 acres); in all, he coordinates 320 acres of farm land to grow organic vegetables, has 90 employees, and works 60 hours a week. He admits it's not a *get rich* business and agriculture *doesn't* pay well, but for him it's a health and environmental issue.

One pesticide Brammer doesn't use is methyl bromide, instead he uses compost on the fields and rotates crops frequently.

Instead of planting strawberries on the same field year after year, that particular piece of land will have strawberries, followed by beans and then broccoli.

There is also producing off-season crops such as tomatoes,

Doctor, cook team up for class

Personal Physicians and 24 Hour Fitness are teaming up to offer a class on how to eat healthy and stay in shape during the holiday season.

"Healthy Cooking and Fitness During the Holidays," the sixth in a series of classes, will be held from 6:30 to 8 p.m. Wednesday at the Personal Physicians' office, 1685 E. Main St., Suite 301, in El Cajon.

Between Thanksgiving and New Year's Day, the average adult can gain up to 10 extra pounds. Personal Physicians' executive chef Gregory Anne Cox will discuss foods to avoid and those that can help people feel more satisfied for longer periods of time.

"The holidays can wreak havoc on our healthy lifestyles,"

said Chef Gregory. "By learning ways to combat the bulge, people can make it through the holidays without feeling guilty by New Year's Day."

Kevin Steele, Ph.D., vice president of Health Services and Fitness Education for 24 Hour Fitness, will discuss how to stay fit during the holiday season.

Steele advocates living a healthy and fit lifestyle. He coached cross-country running for both men and women and has competed in the Iron Man triathlon three times.

Registration for "Healthy Cooking and Fitness During the Holidays" is \$10 per person and reservations are encouraged, as seating is limited.

For reservations or more information, call 579-8681.

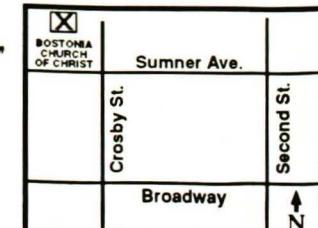
Evolution or Creation... Which?

Free Community Forum
Nov. 14 - 16 CHURCH OF CHRIST
1244 Sumner Ave. • El Cajon, CA 92021

SCHEDULE

7pm Friday, Nov. 14
"The Case of a Creator"
1-5pm Saturday, Nov. 15
"Creation or Evolution?"
8am & Sunday, Nov. 16
10:30am "Scientific Evidences"

(619) 442-1938



Speaker: Dr. Bert Thompson
Author, College Professor

tive source of poison-free foods

squash and cucumbers.

Vegetables grown on Be Wise Ranch appear heartier and plumper than what's usually seen at the aisles of grocery stores. On the ranch, as far as one can see, there are fields of produce, i.e., strawberries, baby lettuce, carrots, cabbage, celery, artichokes, just to name a few.

"This is a good product and good service provided to people," said Brammer referring to CSA. It's something Brammer would like to see more farmers do — go organic.

The pesticide used by farmers is methyl bromide. It's the world's most popular fumigant. It can kill insects, weeds and diseases on more than 100 crops. California uses roughly 30-percent of all methyl bromide applied in the United States, and strawberry crops are the most important application, according to the Environmental Health Coalition.

Currently, methyl bromide is used to kill termites on wooden pallets and in shipping facilities. Farmers inject it under the soil to kill agricultural pests before planting field-grown crops, and it is used to fumigate shipments of produce.

San Diego's most recent victory on methyl bromide use was in the South Bay. For years, employees and students of Perkins Elementary would complain of feeling sick and queasy, but couldn't figure out why.

The Environmental Health Coalition (EHC) stepped in. They determined that the problem was a 1993 arrangement with the San Diego Unified Port District and the 10th Avenue Marine Terminal.

The port allowed the marine terminal to be converted into a fumigation warehouse/cold-storage facility in an effort to lure fruit

importers into San Diego.

The fruit, however, needed to be fumigated, and the only fumigant approved by the federal government is methyl bromide — a colorless, odorless toxin that attacks the human nervous system, and can deplete the ozone layer faster than chlorofluorocarbons (CFCs) from aerosol cans.

The facility began fumigating imported Chilean grapes with methyl bromide in the warehouse, located three blocks from the school.

Twice within an hour, after the lethal gas had been released into the atmosphere through the vents in the warehouse, traces of methyl bromide had been measured in Perkins Elementary. After five years of protest by residents in Batrio Logan, the port agreed to stop regularly using the toxic fumigant at its cold storage facility.

The EHC calls methyl bromide the "kill-all, not the cure-all." They claim cases of methyl bromide poisoning are widely documented, including permanent neurological damage to individuals exposed inside their homes, near fumigated fields and in plant nurseries.

In addition to its toxicity, it's a potent ozone depleter, something that leads to increased incidence of skin cancer, cataracts and immune system suppression.

Under the Clean Air Act, the pesticide is slated to be banned in 2001. Under the Montreal Protocol, an international treaty on ozone-depleting substances, methyl bromide use is scheduled to be reduced in developed countries by 25 percent by 1999, 50 percent by 2001, 70 percent by 2003, and phased-out in 2005, subject to some exemptions.

The EHC and other environmentalists are calling for a coordinated plan of action from government and support from

consumers. Their demands include more focus on education of growers, especially regarding non-toxic alternatives to methyl bromide.

"Be Wise Ranch is a perfect example of a local grower, who grows tomatoes and strawberries without the use of any pesticides," said the EHC's Paula Forbes. "Examples of these kinds of alternatives are plentiful. What we want is a coordinated effort to get this information out to the farmers around the country."

"We are also calling on the public to exercise their power as consumers by purchasing organic produce and asking their grocers to stock produce not grown with methyl bromide."

Two companies that manufacture methyl bromide are Great Lakes Chemical Companies and California-based Tri-Cal Industries. Industries complain that alternatives are unavailable or too costly.

It's a story few seem interested in hearing any more.

The Department of Defense has taken measures to phase out methyl bromide, including the use of controlled atmospheres, a technique that controls temperature and atmosphere levels inside sealed shipping containers.

All components of air are removed except nitrogen, which at heightened levels, kills insects by asphyxiation. Controlled atmosphere technology saves money, the Pentagon saved \$2.8 million in transportation costs in the first year of operation.

Chilean researchers have developed a wax coating for fruit, that replaces methyl bromide treatments required for shipment to the United States.

"The USDA is ignoring us, they claim there aren't adequate alternatives, when in fact we know farmers already using alternatives that work," said Corrine Gilfillan with Friends of the Earth. "The problem is that the USDA is not going out there to work with farmers."

"It comes down to profits, putting profits over the health of the communities and people."

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5# BACON
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New Sidewinder singer happy to stay put

by Joe Naiman

the Karaoke Fest. Payne believes she finished in last place there, but



Erin Marie Payne

she left a business card stating that she was a photographer.

That connection started her career shooting for the magazine *Karaoke Scene*, which later resulted in photography and writing for *San Diego Scene*. Neither pays for articles or photos, but Payne feels that if she pays her dues she'll eventually earn money.

In the interim, she's happy just doing the work.

Last May, the CCMA's San Diego region held a competition at the Ramona Round-Up rodeo. Payne joined the group and, feeling that putting in effort was necessary to get anything out of the organization, became involved immediately.

Payne's father knows the owner of the Driftwood Lounge in Santee, which earned Payne a night there as a karaoke host. That performance attracted the attention of Bill Diego, who found one of his off-nights available for Payne at the Saddlerock Saloon.

Payne started on Wednesday nights but was switched to Sundays. The Sunday gigs presented a problem for Payne. That had been her family night. But she brought her husband and daughters, and turned Sunday nights into Family Night at the Saddlerock (children under 21 are allowed until 9 p.m.).

Payne said singing is a great outlet for children and she enjoyed not having drunken patrons who wanted to sing loud songs.

Because of Payne's family life and full-time job she's not interested in expanding her career as a karaoke host, but she does feel that her office in the CCMA will expand her career.

"It's opening up a whole new avenue for my photography. Something I've always wanted to do is be a concert photographer."

Payne doesn't have any plans of quitting her day job. "I'm a firm believer that if something big is going to happen to me, it will happen. I'm not going to chase it," she said.

The current La Mesan hopes to find a four-bedroom house in East County — and plans to dedicate one room as a music room.

But don't expect the former actress to end up in a mansion with a trophy room.

"The music is something you can do on the little stage," Payne said. "If I never see an audience of 300,000, I don't care as long as I have an audience of five people and just one of them is dancing."

M is for Mayor

Personal comments of Mayor Mary Sessom

'Street Scene' review shows lots of activity

It is time for a review of the Lemon Grove Street Scene courtesy of our Engineering and Public Works departments. As of Nov. 3, a lot of activity is going on under, over and on our streets.

The city has received numerous calls regarding the problems that result from pigeons nesting under the SR94 bridge at Buena Vista. It seems as though the droppings were causing quite a mess on the sidewalk, even though our public works crews regularly cleaned up. A Pigeon Nesting Deterrent has now been constructed at that site. We hope that folks will let us know if it is working (I am personally not too keen on checking it out myself).

The scene under our streets is

equally as messy, but the viewing can be had from the recent video produced by Houston and Harris. The city has contracted with this company to video tape all our sewers lines. We will use that information to determine the condition of the lines, prioritize those that need repairing, etc. I haven't yet heard of any demand for a public showing of this video.

Have you noticed the new trash containers at our bus stops? Theoretically, they are graffiti proof and guaranteed to last and last (cement construction weighing about 600 pounds a piece.) They should help keep litter off our streets as they are in the process of being upgraded.

Forty potholes were repaired

in the last two weeks. Residential streets are being slurry sealed and asphalt berms repaired to help with any "El Niño" water runoff. Hopefully, the street improvements on Broadway and Federal haven't caused too much aggravation for our motorists (it is going to continue for a while). Look for new road striping

throughout the city during the next few weeks as our annual street striping program takes off.

The Lemon Grove Street Scene is several more pages long but this space isn't. I am certain that you have noticed more work going on as you make your way through the city. Be patient and proud. This work is making our

streets safer, cleaner and our city better every day.

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LLC, as duly appointed Trustee under

and pursuant to Deed of Trust recorded

11/22/95, as Instrument No. 1995-

0532823, in book, page of Official

Records in the office of the County Re-

cordier SAN DIEGO County, State of

California. Executed by RONALD

HARRIS SR AND MELVINA HARRIS

HUSBAND AND WIFE.

LEMON GROVE, CA 91945

The undersigned Trustee disclaims any

liability for any inaccuracy of the

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designation, if any, shown herein.

Said sale will be made, but without

covenant or warranty, expressed or

implied, regarding title, possession, or

encumbrances, to pay the remaining

principal sum of the note(s) secured by

said Deed of Trust, with interest

thereon, as provided in said note(s)

advances, if any, under the terms of

said Deed of Trust, fees and expenses

of the Trustee and of the

trusts created by said Deed of Trust.

The total amount of the unpaid balance

of the obligation secured by the prop-

erty to be sold and reasonable es-

timated costs, expenses and advances

at the time of the initial publication of

the Notice of Sale is \$162,752.40.

The beneficiary under said Deed of

Trust heretofore executed and delivered

to the undersigned a written Decla-

ration of Default and Demand for Sale, and a

written Notice of Default and Election to

Sale. The undersigned caused said

Notice of Default and Election to Sell to

be recorded in the county where the

real property is located on

Date, October 28, 1997.

LONESTAR MORTGAGEE SERV-

ICES, LLC, as Trustee

Sylvia Loreda, Authorized Signature

Address: P.O. Box 515388, Dallas,

Texas 75251-5388

FOR TRUSTEE'S SALE INFORMA-

TION PLEASE CALL (626) 398-5932

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ATTEMPTING TO COLLECT A DEBT.

ANY INFORMATION OBTAINED WILL

BE USED FOR THAT PURPOSE.

10/30/97, 11/6/97, 11/13/97

LEMON GROVE REVIEW

ROBERT JAMES IPPOLITO

This statement was filed with Gre-
gory J. Smith the Recorder/ County
Clerk of San Diego County on

OCT 22, 1997

Lemon Grove Review

Oct 30, Nov 6, 13 & 20, 1997

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Loan No. 0304453210

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on a state or national bank, check

drawn by a state or federal credit union

or a check drawn by a state or federal

savings and loan association or sav-

ings association, savings bank

specified in Section 5102 of the Financial

Code and authorized to be held by the

debtors appointed trustee as shown below

of all right, title and interest conveyed

to and now held by the trustee in the

hereinafter described property under

and pursuant to a Deed of Trust de-

scribed below. The sale will be made,

but without covenant or warranty, ex-

pressed or implied, regarding title, pos-

session, or encumbrances, to pay the

remaining principal sum of the note(s)

secured by said Deed of Trust, with in-

terest thereon, as provided in said note(s)

advances, if any, under the terms of

said Deed of Trust, fees and expenses

of the Trustee and of the

trusts created by said Deed of Trust.

The total amount of the unpaid balance

of the obligation secured by the prop-

erty to be sold and reasonable es-

timated costs, expenses and advances

at the time of the initial publication of

the Notice of Sale is \$162,752.40.

The beneficiary under said Deed of

Trust heretofore executed and delivered

to the undersigned a written Decla-

ration of Default and Demand for Sale, and a

written Notice of Default and Election to

Sale. The undersigned caused said

Notice of Default and Election to Sell to

be recorded in the county where the

real property is located on

Date, October 28, 1997.

LONESTAR MORTGAGEE SERV-

ICES, LLC, as Trustee

Sylvia Loreda, Authorized Signature

Address: P.O. Box 515388, Dallas,

Texas 75251-5388

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LEMON GROVE REVIEW

FICTITIOUS BUSINESS NAME STATEMENT

Assigned File No 97027117

The Name of the Business

EXECUTIVE TRUSTEE SERVICES, INC.

Recorded 2/10/93 as Instrument No

1993-0088952 in Book page of Official

Records in the office of the County Re-

cordier SAN DIEGO County, Califor-

nia

Date, October 17, 1997

Place of Sale 12:00 PM

AT THE ENTRANCE TO

THE CITY HALL EAST

300 NORTH COAST HIGHWAY,

OCEANSIDE, CA

Amount of unpaid balance and other

charges \$136,970.09

Street Address or other common des-

ignation of real property

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LEMON GROVE, CA 91945 APN #

576-503-04-00

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liability for any inaccuracy of the

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designation, if any, shown herein.

Said sale will be made, but without

covenant or warranty, expressed or

implied, regarding title, possession, or

encumbrances, to pay the remaining

principal sum of the note(s) secured by

said Deed of Trust, with interest

thereon, as provided in said note(s)

advances, if any, under the terms of

said Deed of Trust, fees and expenses

of the Trustee and of the

trusts created by said Deed of Trust.

arts and entertainment

Hispanic concert planned

The Grossmont Symphony Orchestra, Randall Tweed, music director, will present an "Hispanic" Concert, featuring classical guitarists Fred Benedetti and George Svoboda, joined by Robert Wetzel and Dan Wright, 7 p.m. Sunday evening, at the East County Performing Arts Center, 210 E. Main St., in El Cajon.

Musical selections include G. Gimenez' "Interlude from La Boda de Luis Alonso," M. de Falla's "El sombrero de tres picos" "The Three Cornered Hat," J. Rodrigo's "Concierto Andalou" for Four Guitars and Orchestra, and J.P. Moncayo's "Huapango." The Grossmont Symphony Orchestra has matured under the guidance of Maestro Randall Tweed, and the four featured guitarists alone have a combined 80 years of professional experience - playing for the likes of President Clinton and President Gorbachev - having 30 albums/CDs to their name.

General admission is \$10 general reserved seating; \$8 seniors; and \$6 for students (ages 13 and up). Free to children ages 12 and under (when accompanied by a paying adult). For further information, call 644-7255 or 440-2277.

Dorsey Orchestra to perform

The Jimmy Dorsey Orchestra will perform at 7:30 p.m. on Saturday at the East County Performing Arts Center (ECPAC), 210 East Main St. in El Cajon.

Tickets may be obtained at the ECPAC box office. Box office hours are 11 a.m. - 4

p.m., Monday through Saturday or by phone at 440-2277. The cost is \$13.60, plus a \$1 ECPAC renovation fee. Phone orders add a \$2 handling charge.

In the spring of 1934, the Dorsey Brothers Band was born. By June of 1935, an argument over the tempo of a song caused Tommy to leave the bandstand, immediately re-naming the ensemble as the Jimmy Dorsey Orchestra. For the next 18 years, the Jimmy Dorsey Orchestra recorded hit after hit.

While clarinet and alto sax player, Jimmy Dorsey passed away in 1957 (some say heartbroken by the death of his brother, Tommy, a year earlier,) the orchestra never disbanded. In fact, it continued performing for the next 33 years under the leadership of trumpeter Lee Castle, who passed away in 1990, making the Jimmy Dorsey Orchestra the longest continually performing big band in history.

Jim Miller now leads the orchestra, which he also owns. A trombonist and alumni of the Glenn Miller, Larry Elgart and Guy Lombardo orchestra, Miller not only carries on the tradition of Jimmy Dorsey, but adds the mellow trombone stylings of Tommy Dorsey to the musical mixture.

Vocalist, Nancy Knorr also performs with the orchestra. For many years as the lead singer for The Pied Pipers, Knorr started her career as violist in symphony orchestras. As a singer, she has shared the stage with Doc Severinsen, Jack Jones, Hal Lin-

den and Les Brown. She still performs with The Pied Pipers in concerts throughout the county.

Gallery opens new exhibit

Artists Gail Roberts and John Heric will be on exhibit from Nov. 17 - Dec. 12 at Hyde Gallery, Grossmont College, 8800 Grossmont College Dr. in El Cajon. The Gallery hours are Monday and Wednesday from 10 a.m. - 6:30 p.m., Tuesday and Thursday from 10 a.m. - 5 p.m. and Friday, 10 a.m. - 2 p.m. Admission is free and open to the public.

There will also be a reception for the artists from 7 - 9 p.m. on Nov. 18 at the Gallery.

Roberts is known for her work in painting and assemblage. She has exhibited in Chicago, Santa Fe, San Diego and throughout California, Texas, Massachusetts and New York, where she has been an artist-in-residence. She is represented locally by David Zapf Gallery and is a Professor of Art at San Diego State University.

Her works address the paradox inherent in living in nature, between sustaining life and protecting the natural, and the balance between cultivation and wilderness - art as inquiry into natural phenomena as metaphor.

In the Annex Gallery, the monotypes of John Heric will be on display. Heric is a Professor of Art at the University of Arizona, in Tucson, where he teaches sculpture and drawing. Heric sees the directness and the inherent unpredictability of the mono-

type process as a way to revitalize drawing as a medium. He has successfully used monotype as a tool in his teaching.

For further information call Hyde Gallery at 644-7299.

East County Theater Guide

Grossmont College Theatre Arts
Stagehouse Theatre, Grossmont College
8800 Grossmont College Dr., El Cajon
(465-1700, ext. 234)

"Oedipus Rex" by Sophocles
Nov. 19-22 & 24-26, 8 p.m.; Nov. 22, 2 p.m.

Tickets: \$7 - 10

Lamplighters Community Theater
8053 University Ave., La Mesa
(464-4598)

"Father of the Bride"
Tomorrow - Dec. 22, Fridays and Saturdays, 8 p.m. Sundays, 2 p.m., and Nov. 22 at 8 p.m.

Tickets: \$8 - \$10

Octad-One Productions
Lakeside Theater
10009 Maine Ave., Lakeside (466-3987)

"My Three Angels" by Sam & Bella Spewak
Tomorrow - Dec. 21, Fridays & Saturdays, 8 p.m., Sundays, 2 p.m..



Spotlight on Business

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